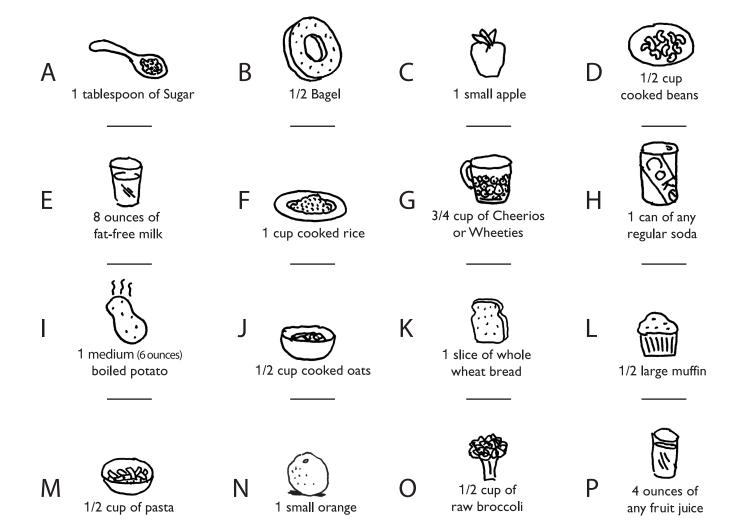
KNOW YOUR GABS

Knowing how many carbohydrates (carbs) you eat can help you control your diabetes. Below is an easy way to find out how well you know your carbs. Circle only the food servings below that have about 15 grams of carbohydrate. If you get almost all of them right, great. If not, tell your doctor or diabetes educator you want to learn more about how counting carbs can help you control your blood sugar.



A: 15, B: 30, C: 15, D: 15, E: 12, F: 46, G: 18, H: 40, I: 30, J: 15, K: 15, L: 30, M: 22, N: 15, O: 5, P: 15